

Grand Area Mentoring / 435-260-9646

## The Dimensions of Health



Skylar & Brittany



Athan & Megan



Devotion & Xandra

### Snack Ideas for Stable Blood Sugar

Provide healthy and stabilizing snacks to your mentee. Here are some ideas to get you going!

- Veggies dipped in hummus, guacamole, tahini, black bean dip, or olive tapenade
- Plantain chips or crackers with guacamole
- Any type of veggie with cheese and summer sausage
- 1/4 sliced granny smith apple, snap peas or celery with nut or seed butter

- Deli turkey, chicken or other protein wrapped in romaine lettuce with avocado or hummus
- Olives with cheese
- Summer sausage (grass fed) with cheese and crackers
- Rice cake with peanut butter
- Coconut butter with sliced apples or sweet potatoes and cinnamon
- Dark chocolate (at least 70%) with almonds



*Low-sugar, high-protein snacks fuel your mentee while moderating behavioral challenges such as ADHD.*

- Smoked salmon with cheese and crackers
- Chia pudding with coconut milk or cream
- Low-sugar (plain is best) yogurt with chia seeds and berries
- Hard-boiled eggs; mixed nuts and seeds
- Nut butter packet paired with fruit of choice
- Grass-fed jerky like Tanka, Epic, or Wilde
- Kind bar (low sugar like Madagascar Vanilla; avoid the “plus protein versions”)
- Homemade energy bars/balls with almond butter, almond flour, coconut oil, overripe bananas, shredded unsweetened coconut and chia seed

If you have ideas, email [grandareamentoring@gmail.com](mailto:grandareamentoring@gmail.com)



### This Month in Mentoring

- **March through May: Nonviolent Communication book club.** If you'd like to be part of this, please email us at [grandareamentoring@gmail.com](mailto:grandareamentoring@gmail.com) to request a copy of the book (while supplies last) and for the Zoom link. See reverse for more.
- **March 16: First book club discussion.** Download your own copy of Nonviolent Communication, get a copy from the library, or ask for one of our extras. We'll discuss chapters one through three.
- **March 29-April 2: Spring Break.** No school.
- **April 6: Second book club discussion.** Chapters 4-6.

## Grand Area Mentoring

### Mail:

Grand Area Mentoring  
264 South 400 East  
Moab, Utah 84532

### Phone:

Office 435-259-1516  
Daniel 435-260-9646  
Megan 435-260-9645

### Internet:

grandareamentoring@gmail.com  
www.grandschools.org/mentor  
facebook.com/grandareamentoring  
twitter.com/GrandAreaMentor



Ryan & Ammon



Emma & Lisa



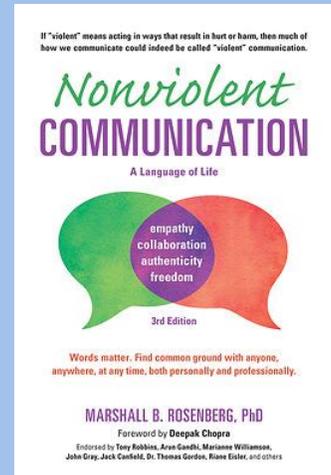
Andy & Bradia

## Mentoring Idea of the Month #1: Join our Nonviolent Communication book club!

We'll gather via Zoom for sharing and discussions on the following dates. **We have a few extra books for anybody interested in joining.** You aren't required to attend every discussion; join us for as many talks as able.

### Important dates:

- March 16<sup>th</sup>: Chapters 1, 2, and 3
- April 6<sup>th</sup>: Chapters 4, 5, and 6
- April 20<sup>th</sup>: Chapters 7, 8 and 9
- May 4<sup>th</sup>: Chapters 10, 11, 12
- May 18<sup>th</sup>: Chapters 13 and 14



Transform the way you hear the messages of others. Equip yourself to make connections rather than rifts. See you soon, via Zoom!

## Mentoring Idea of the Month #2: Take care of yourself (and roll model self-care to your mentee)!



Excerpt from *WestEd's Self-Care Strategies for Educators During the Coronavirus Crisis: Supporting Personal Social and Emotional Well-Being* (<https://www.wested.org/resources/self-care-strategies-for-educators-covid-19/>):

### Foster Openness, Flexibility, Adaptability, and Humor.

You undoubtedly have called upon flexibility and adaptiveness in other circumstances prior to the pandemic, perhaps to deal with sick children or schedule changes. The same kinds of skills – shifting mindsets, perspectives, and actions when unexpected events arise – are important now more than ever. Even finding the humor amid the stress can be a healthy coping mechanism. Mindsets which are critical for remaining calm, thinking clearly, and making conscious choices (rather than succumbing to being overwhelmed or chronically anxious) can be developed and improved in various ways, including the following:

- **Take physical and mental breaks.** These include breaks from screens of all kinds – computers, phones, televisions, and so on. Breaks can also include moving from one room to another (if possible, otherwise, shifting your position in a room) or moving from indoors to outdoors (or simply finding a natural light source or opening a window).
- **Find opportunities for humor and laughter.** Doing so may include having fun conversations with colleagues or friends, or watching funny movies, videos, television shows, and so on.
- **Engage in mind-body activities.** Try mindfulness, jogging, yoga, exercise, listening or dancing to music, taking a walk outdoors, or other relaxing or invigorating activities.